

Different ideas to do with your child at home!

Maths

- Different number songs on YouTube (10 in the bed, 10 green bottles etc)
- Numbering blocks 1-10 for your child to place in order
- Sorting objects by- size, colour, what they are etc
- Number hunt- sensory bin activity i.e. blended cheerios, the child has to dig for different numbers in the sensory bin and name the number as they are found
- Shapes hunt- finding different shapes around the house. 'can you find me something that is a circle?'
- Measuring activities with different size straws- small, medium, big.
- Stacking activities
- Plastic plates with numbers 1-5 on, can the child place 1 pom pom on plate one, 2 pom poms on plate 2 etc. If the plates are different colours, will the child match the colour of the plate to the colour of the pom pom?

Literacy

- Filling tray up with foam/oats/sand etc, can your child write different letters of the alphabet in the sensory tray?
- Writing different letters onto blocks- can your child spell their name? Can they spell CVC words?
- Interactive stories i.e. the 3 little pigs using pig teddies or printed out pigs and wolf, sticks, straw and blocks to make a house
- Phonics baskets- a basket filled with a letter of the alphabet and different toys/objects that relate i.e. for P- pinecone, pen, panda, polar bear, peacock, Peter pan etc.
- Mark making to trace letters

Sensory

Vestibular (balance)

- Using a rocking chair to rock back and fourth.
- Stretches- model this if your child will copy back. Make it fun!! For example- can you stretch to reach the dinosaur?
- Bouncing on a therapy ball.
- Row row row your boat.
- Playing on a swing.
- Swinging in a blanket (have your child lay in a blanket and have two adults hold each end and swing back and fourth- always ensure the child wants to do this, can't fall out and face isn't covered)
- Balance board.

Auditory

- Youtube videos- 'autism sensory meltdown' provides different calming videos.
- Pans and spoons- bang the pans with your child.
- Plastic container (could a kinder egg container or plastic bottle etc)- fill with different things that make sound i.e. rice, coins, popcorn kernels.
- 'quiet area'- this could be a tent or somewhere at home that is quieter

Visual

- Popping bubbles
- Make home made lava lamps <https://www.youtube.com/watch?v=SxAvnKutz2Y>
- Sensory bottles- can be filled with paint, glitter, water + food colouring, pompoms etc (there are lots of ideas on Pinterest for this)
- Getting a big cardboard box and poking holes through the top for fairy lights to slot in

- Sand timers
- Sunglasses
- kaleidoscopes

Olfactory (smell)

- Filling up jars with different scents
- Using lavender (calming) body wash in a water tray to create bubbles.
- Adding different scents such as lavender oils to home made playdoh.

Tactile (touch)

- Different food coloured cooked rice/spaghetti/ in a tray
- Blending cheerios to make a sand texture (can be used with different animals in to act like the dessert)
- Under the sea animals frozen into ice
- Painting bubble wrap, waiting for it to dry and popping it
- Putting different things into ziplog bags i.e. paint, hair gel, foam and food colouring, pompoms etc- these can be attached to a piece of cardboard to create a sensory walk (lots of ideas on Pinterest under 'sensory bag activities')

Gustatory (taste)

- Chew tube
- Crunchy foods
- Drinking from a straw
- Chewy sweets
- Vibrating toothbrush
- Blowing bubbles

Proprioception (body awareness)

- Body socks
- Stretches
- Rolling a therapy ball over your child's body
- Trampet
- Push pull activities
- Bear hugs
- Chew tubes
- Play doh activities- doh disco on YouTube
- Weighted vests (always ensure that it is to the correct weight for your child's size)

<https://classroom.thenational.academy/specialist> and pinterest provide lots of ideas that can help with additional activities that you and your child can do at home.